

## JUNETEENTH

THIS FRIDAY TO COMMEMORATE EMANCIPATION FROM SLAVERY IN TEXAS ON JUNE 19 OF 1865



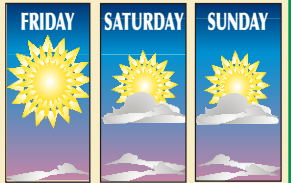
## HELLO SUMMER

SUMMER BEGINS THIS SATURDAY, JUNE 20. WILL IT BEGIN WITH A HEATWAVE?



## WEEKEND WEATHER

**WARM** Wear sunscreen and masks this weekend!  
HIGHS: 77-82  
0 10 20 30 40 50 60 70 80 90 100 110  
LOWS: 55-60



# San Leandro Times

AN INDEPENDENT HOMETOWN NEWSPAPER SERVING SAN LEANDRO, ASHLAND, SAN LORENZO AND SHEFFIELD VILLAGE

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THURSDAY, JUNE 18, 2020

SAN LEANDRO • CALIFORNIA



PHOTO BY JIM KNOWLES

## Time for a Trim

Lake Reeves trimmed a plant in downtown San Leandro. Reeves works for a company contracted by the city that installed and takes care of the plants.

## County to Ease More Restrictions On Friday

Alameda County plans to allow more activities under its Health Officer Orders this Friday, which will move the county further along its path to reopening the economy.

As of June 19, the Health Officer Orders will relax restrictions by reopening outdoor museums, outdoor restaurant dining, religious services, indoor/outdoor retail, and outdoor fitness classes.

The County announced it expects to loosen restrictions in 2-to-4 week increments per its Reopening Plan.

"The indicators we monitor to determine if we should continue moving forward through reopening are stable or improving," said Dr. Erica Pan, Alameda County Health Officer. "We will continue to have more cases, but the steady increase in hospitalizations and the steep increase in the case rate we were seeing in late May has slowed and the hospitalizations have stabilized."

"We are also making significant progress in expanding and improving the efficiency of our contact tracing teams."

Indoor and outdoor retail and outdoor dining will be allowed at reduced capacity to ensure physical distancing and safety plans are in place. Residents and businesses are still strongly recommended to continue focusing primarily on pick-up and delivery options to limit lines and crowds.

Similarly, based on state

guidance, limited religious services will be permitted to resume for up to 100 people or less than 25 percent building capacity, whichever is lower.

Faith partners are strongly recommended to continue virtual services, especially for their

see EASE, page 10

## Always Wear Face Coverings

Face coverings should be worn whenever you go out and are within 30 feet of people who aren't members of your own household.

To further control the spread of COVID-19, the Alameda County Health Officer Dr. Erica Pan issued a Health Officer Order last week broadening when a face covering must be worn.

Now face coverings must be worn at all times by all members of the public, including outdoors while engaged in physical activities (walking, running, biking, etc.) within 30 feet of people outside of their household.

Face coverings can be simple and homemade, made of cloth, fabric, or other soft or permeable

see COVERINGS, page 3

## Local Swimmers Rescue Daredevil Diver

### Swim team members from San Leandro, Castro Valley pull unconscious boy out of water at Beale Falls

By Jim Knowles  
San Leandro Times

Four local swimmers put their skills to use last week up in Nevada County.

The four young women saw a group of high school boys up on a 70-foot-high cliff at Beale Falls. They soon realized that one of the boys decided to be a daredevil and jump from the cliff into the lake, which is not allowed.

"One of them climbed over the fence and we were going, 'No, don't jump,' and then he did jump," said Lauren Francis of San Leandro.

The guy landed in the water but he didn't come up.

"His friends thought he was joking around," Francis said.

But as time went by it became clear something was wrong. The four swimmers headed for the base of the cliff where the diver hit the water and started searching.

Francis started diving down in to the water, feeling around for somebody. The other three were looking on the surface - Jacklyn Scheberies, Malia Henry and Sarah Livingston, all of Castro Valley.

The four swimmers were all members of the Castro Valley High swim team, and swam in the summer for the San Leandro Swim Team, known as the

see RESCUE, page 4



A rescue crew arrived by helicopter.

## INSIDE YOUR TIMES

### MUSIC

Young composer takes first place in state competition. **Page 2**

### NEWS

Chan named EBMUD general manager. **Page 3**

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BART unveils new fare gates. **Page 12**

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## MEETING SCHEDULES

### CITY COUNCIL

Council meets on the first and third Monday of each month at 7 p.m. in City Council Chambers, City Hall, 835 E. 14th St., San Leandro. For more information, call the City Clerk at 577-3367.

### SAN LEANDRO SCHOOL BOARD

Board meets on the second Tuesday of each month at 7 p.m. in the City Council Chambers, City Hall, 835 E. 14th St., San Leandro. For more information, call Michelle Mayfield at 667-3522.



## Pets of the Week



Parson

The Pets of the Week at the Hayward Animal Shelter are Parson the bunny and a general notice for kittens. Kitten season is starting to pick up, so lots of kittens are available for foster homes and adoption.

**Parson** is a super sweet baby bunny, who loves doing lots of happy bunny flops. Parson will hop right up to say hi when you come in. Loves greens and



**Plenty of kittens are available at the shelter.**

alfalfa hay.

It's kitten season and the shelter has many kittens looking for foster-to-adopt homes.

If interested in adopting Parson or a kitten, call the Hayward Animal Shelter, 510-293-7200.

## Young Pianist Wins First Place In State Composers Competition

Congratulations to Ethan Wei Chang of San Leandro, who has won First Place in the Composers Today State Contest in the 7-and-under division.

His award is for his piece "Journey of Life Sonata, I. Andante." Ethan was selected to have both this piece and his "With a Friend" played at the Music Teachers Association of California Convention which will be online this year.

Composers Today is a program put on by the MTAC in which students learn to write music.

"I am 6.5 years old. I have learned piano for almost two years," Ethan says. "I usually need 3 hours to finish all music homework everyday. Being a composer is super cool. It is wonderful that I can use music to tell a story."

Ethan says he can feel the melody in his heart and play it through his fingers. He likes both complicated classical piano scores and simple songs.

He created his latest piece along with his sister, called



Ethan Wei Chang of San Leandro won first place in a state composers' contest in the 7-and-under division.

"Sleep Baby Owl."

Ethan also has a passion for science and ice-skating.

"I will compose for my skating competition in the future," he says.

## Join Library's Virtual Happy Hour

Join in on the conversation at the San Leandro library's virtual Happy Hour on Friday, June 19, from 5 to 6 p.m.

Bring your favorite drink (alcoholic or non-alcoholic) and

snack and talk about everything the group is reading, watching, listening to, and what's on your mind. Email ARivera@sanleandro.org for the Zoom log-in information.

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## Suspect Arrested after Shots Fired at CHP

Shots were fired at a California Highway Patrol car on I-880 in San Leandro early Sunday morning, and a suspect was arrested a short time later.

The shots came from a Mercedes van heading southbound near the Lewelling Boulevard offramp at 2:20 a.m., according to the CHP. The CHP car was not hit by bullets and the two officers

inside were not injured.

A few minutes later, other CHP officers pulled over a similar looking van on I-880 with firearms and three males inside, age 14, 18 and 20.

The 18 year old, Ethan Escobedo of Los Angeles, was arrested for suspicion of assault with a deadly weapon and taken to the Santa Rita jail.

## Join the Summer Reading Program

Join the San Leandro Public Library Summer Reading Program from home. Visit the library's website at [www.sanleandrolibrary.org](http://www.sanleandrolibrary.org) to learn more and

sign up. Log your reading online or print out a reading log to keep track of your reading. Children, teens, and adults can participate in this fun program.

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## County Workers Donate to Food Bank

Twenty Alameda County departments competed with each other over a two-month period to collect and donate more than nine tons of food to the County Food Bank.

Employees built imaginative displays constructed with cans, boxes, and bags of donated food focused on the theme of "Have A Heart."

The competition ran from Jan. 13 to March 10 and also raised \$23,000 for the Food Bank.

The competition used the old fable of "Stone Soup," which celebrates generosity and collaboration in difficult times.

In support of Stone Soup monetary donation, the Eat. Learn. Play. Foundation, founded by Stephen Curry and his wife Ayesha, will be matching the donation dollar for dollar, raising the total to \$45,868 for the Food Bank.

The Eat. Learn. Play. Foundation helps to provide meals so that no child in the community worries about where their next meal comes from while schools are closed.

The County and the Food Bank have strengthened their



PHOTO COURTESY OF ALAMEDA COUNTY

County employees built imaginative displays of cans, boxes and bags of food during a two-month "Stone Soup" competition, resulting in more than nine tons of food and nearly \$46,000 in cash going to the Alameda County Food Bank.

longstanding partnership during the current health emergency and have partnered to expand

distribution sites, establish new direct purchase agreements and deploy county staff to assist with

food distribution.

The Food Bank accepts donations at [www.accfb.org/](http://www.accfb.org/)

## EBMUD Board Names Chan New General Manager

The East Bay Municipal Utility District (EBMUD) board of directors has selected Clifford C. Chan as the district's next general manager, succeeding Alexander R. Coate who served in the role for nearly ten years.

Chan, a 23-year employee of EBMUD, has served most recently as the water utility's director of operations and maintenance.

The board was scheduled to appoint Chan during its regular June 9 meeting.

Chan, 49, earned a bachelor's degree in civil engineering and a master's degree in geotechnical engineering from the University of California, Berkeley. He joined EBMUD in 1997 as a Junior Engineer.

In February 2018, Chan was appointed to lead EBMUD's Operations and Maintenance Department, which accounts for roughly half of EBMUD's 2,000 water and wastewater employees. Chan takes the helm as EBMUD prepares to step into its second century of operations.

As Operations and Maintenance Department Director, Chan implemented the district's plan to significantly increase the number of miles of pipes replaced each year, putting EBMUD on track to reach 17.5 miles this year, up from around 8 miles in 2010.

Chan managed a \$180 million annual operating budget and a five-year, \$170 million capital improvement plan. He also led



Clifford Chan is the new EBMUD general manager.

the district's response during the public safety power shutoffs last fall and during the ongoing coronavirus outbreak.

Chan is a strong advocate for using new technology to reduce water loss, create operational efficiencies and adapt to the challenges posed by climate change and new regulations. Under Chan's direction, EBMUD has significantly expanded its water loss reduction efforts including the use of many new innovative technologies such as satellite leak detection, led the district's climate change and energy management strategy development, and materials investments and environmental compliance.

Prior to joining EBMUD, Chan served as an engineering consultant.

Chan, a lifelong Bay Area resident, lives in the East Bay with his wife. They are the parents of two grown sons.

## Coverings: 'Face coverings protect everyone'

*continued from front page*  
material without holes, that covers the nose and mouth.

"A face covering helps prevent transmitting the virus that causes COVID-19," said Dr. Pan. "Everyone should wear a face covering anytime they are outside the home and around other people. This helps decrease the exposure for all of us and is one of the few tools we have that will allow us to decrease risk as we gradually allow for more activities outside the home."

Everyone in all settings must wear a face covering where the public is present or likely to be, and at any time when others are nearby.

Children aged 12 and younger are not required to wear a face covering, and any child two years old or younger should not wear a face covering.

The Order does not apply if a person is only with members of their own household and does not expect to come into contact with a member of the public. A person engaged in walking, hiking, bicy-

cling, running, and other physical activities is not required to wear a face covering during the entire duration of their activity, but that person must carry a face covering that is easy to access so they can wear it once they are within 30

feet of other people.

"Face coverings protect everyone because people may have COVID-19 and not realize it," said Dr. Pan. "My face covering protects you and your face covering protects me."

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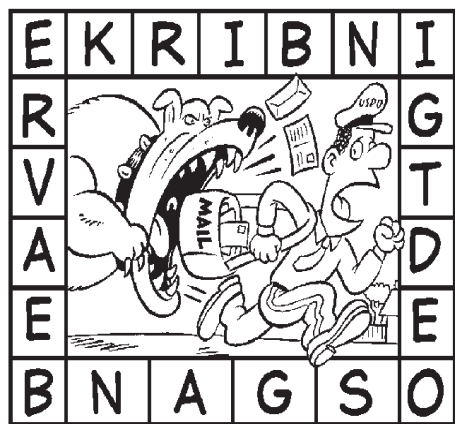
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HIDDEN in the above frame is a famous proverb. You can find it by reading every other letter as you go around clockwise. The trick is finding the right first let-

ter. Answer: Starting with the "A" in the bottom row, "A barking dog never bites."

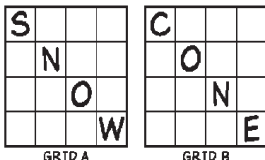
### ONE WORD!

"One word in our JUNIOR WHIRL feature has been deliberately misspelled. You have one minute to find it."

Answer: The word "misspelled" is misspelled. I hope that you didn't find any others.

SNOW CONE SEASON IS HERE AGAIN! Below are two puzzle grids for you to fill in. Hints are given for each word. The words in Grid B contain the same letters as the corresponding words in Grid A.

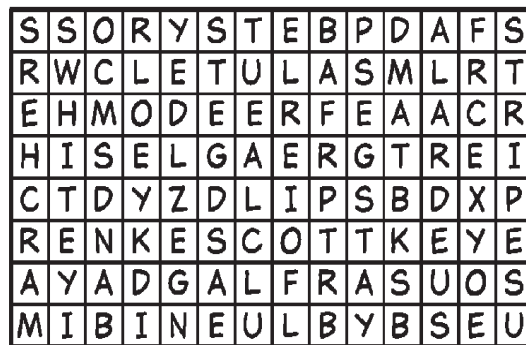
1. Type of barge.
2. Single units.
3. Illuminating gas.
4. Start again.



Answers: 1. SCOW-COWS. 2. ONE-ONES. 3. NEON-NEON. 4. ANEW-WANE.



Illustrated by David Coulson



### TOMORROW'S FLAG DAY!

Hidden in the diagram above are 18 words or names associated with our flag. They can be read up or down, forward or backward, or even diagonally. The items to look for are:

AMERICAN	OLD GLORY
BANDS	PARADE
BETSY ROSS	RED
BLUE	SALUTE
EAGLE	(FRANCIS) SCOTT KEY
FLAG DAY	(JOHN PHILIP) SOUSA
FLAG POLE	STARS
FREEDOM	STRIPES
MARCHERS	WHITE

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# Rescue: ‘We pulled his head up’

continued from front page

Drowning Darryls. Francis just graduated from high school, and the other three were in the class of 2019.

Scheberies saw somebody about 25 yards away, floating face down. The four swimmers hurried over to him, got his head out of the water and started pull-

ing him to the shore.

“We pulled his head up and pulled him back to shore,” Francis said. “He was a really big guy, like a football player, 200 pounds, so we really struggled to get him to the shore.”

One of the girls, Malia Henry, is a lifeguard for the East Bay Regional Parks and knew how to clear his airway and get him breathing again.

They got him to the rocks along the shore, called out to the other guys to call 911, and waited about 30 minutes until a helicopter arrived. Beale Falls is a few miles from a paved road.

Scheberies remembers that the guy’s lips were blue when they pulled him out of the water. He didn’t respond for 10 or 15 minutes, he just groaned.

“And then he just woke up,” Scheberies said. “And he said, ‘What happened?’ He didn’t remember jumping. He said, ‘Did I jump?’ We said, ‘Yeah.’ He had short-term memory loss.”

The boy who jumped was a 16 year old who was from Hawaii, said Fire Chief Don Wagner of the Penn Valley Fire Protection District, who arrived at the scene.



PHOTO COURTESY JACKLYN SCHEBERIES

**Jacklyn Scheberies, Sarah Livingston, Malia Henry, and Lauren Francis did exactly the right thing to save a person’s life, according to the fire chief on the scene. At left, Beale Falls is on a creek in rural Nevada County.**



Wagner said the boy had knee pain and head pain and was taken to a hospital.

“The girls did exactly the right thing,” Wagner said. “If they had not turned him over and gotten his airway open I have no doubt in my mind that he may have succumbed.”

Wagner also noted that the cell reception is spotty in that re-

mote area and usually somebody had to go to the top of a hill to get reception. The vehicles that come in have to travel on several miles of dirt road. So with all the conditions considered, things worked out well.

In addition to Penn Valley Fire, the Department of Fish & Wildlife, CalFire, CHP, Sierra Nevada Ambulance and CalStar

helped with the rescue.

In 2009, a man died after jumping off the cliff and hitting the water 70 feet below, said Wagner, who was on the scene that time, too.

“He knocked himself unconscious and drowned,” said Wagner. “If the girls hadn’t been there, this might have turned out the same way.”

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## LIFESTYLE



Eggs Baked in Tomatoes taste as good as they look

olive oil  
2 medium onions, halved and thinly sliced  
4-1/2 teaspoons balsamic vinegar  
Olive oil no-stick cooking spray  
1/4 cup arugula  
1/2 teaspoon minced garlic  
3/4 cup egg substitute  
1/4 cup shredded Parmesan cheese  
1/4 teaspoon black pepper

For onions: heat margarine and oil in medium saute pan over medium-low heat. When margarine has melted, add onions; stir to coat. Cook 10 minutes, stirring occasionally. When onions have softened and start to brown, add vinegar.

Cook onions an additional 20 minutes or until very soft and dark brown in color. Reserve 1/3 cup of the onions for omelet. Cool and store remaining onions in an airtight container for another use.

For omelet: lightly spray 10-inch nonstick skillet with cooking spray; heat over medium heat. Add the reserved onions, arugula and garlic to skillet. Sauté 1 minute or until arugula has wilted.

Combine egg substitute, cheese



and pepper; pour mixture into skillet. Cook untouched 1 minute or until edges begin to set. Gently pull edges towards center to allow uncooked portion to run beneath. Repeat twice; cover with lid. Continue cooking 1 to 2 minutes more or until center is set.

Fold omelet in half. Cut in half; serve immediately. Serves 2.

## GOLDEN WAFFLES WITH STRAWBERRIES

2 cups flour  
2 tablespoons sugar  
1 tablespoon baking powder  
1 teaspoon salt  
1-1/2 cups fat free milk  
1/2 cup egg substitute  
1/4 cup melted margarine  
1 teaspoon vanilla extract

No-stick cooking spray  
2 cups sliced fresh strawberries, washed and hulled  
Whipped topping, options

Combine flour, sugar, baking powder and salt in medium bowl with wire whisk to evenly distribute the ingredients. Add milk, egg substitute, margarine and vanilla. Blend with wire whisk until batter is smooth and lump-free. Batter should be thick but pourable.

Spray grids of hot waffle iron with cooking spray. Pour about 1/3-cup batter onto hot waffle iron. Cook according to manufacturer's suggestion. Place cooked waffles on wire rack while cooking more waffles. Divide strawberries over waffles. Serve with whipped topping, if desired. Makes 8 servings.

## Making Sunday Extra Special

Most fathers don't seem to pay much attention to Father's Day, or at least they pretend not to.

All the more reason to pull out the stops on Sunday morning and treat dear old Dad to an out-of-the-ordinary breakfast.

These recipes all fill the bill and take a minimum of preparation so the whole family can sit down to a leisurely meal.

## EGGS BAKED IN TOMATOES

4 large beefsteak tomatoes  
Salt and pepper  
1/2 cup fresh or frozen corn kernels  
4 large eggs  
2 teaspoons snipped fresh chives  
1/4 cup grated Parmesan cheese

Preheat oven to 350°F.

Line a 9-inch baking dish or pie plate with parchment. With a serrated knife, cut off the top 1/2 inch from each tomato.

With a spoon or a melon baller, gently remove seeds and inner membrane, being careful not to break through flesh of tomato. Place tomatoes in dish and season with salt and pepper.

Divide corn among tomatoes. In a medium bowl, whisk together

eggs and chives and season with salt and pepper.

Divide egg mixture among tomatoes and top with cheese. Bake until egg mixture is set, 45 to 50 minutes. Serve warm. Yields 4 servings.

## ORANGE-PECAN WAFFLES

1/3 cup butter  
2 eggs  
1-1/2 cups cake flour  
1/2 cup orange juice  
2-1/2 teaspoons baking powder  
1/2 cup milk  
1/2 teaspoon salt  
1/2 cup chopped pecans  
2 tablespoons sugar

Begin heating the waffle iron. Melt the butter over very low heat. Sift together flour, baking

powder salt and sugar. Separate the eggs. Beat the whites in a small mixing bowl with an electric mixer.

Combine the yolks, milk and orange juice and mix with a wire whisk. Add the flour mixture and stir until blended. Add almost all the butter. Stir in the pecans. Fold in the egg whites using a rubber spatula.

Brush the waffle iron with some of the remaining butter. Add about 12 ounces of batter and close the iron. Cook until the waffle has turned a nice brown color. Makes 2 large waffles.

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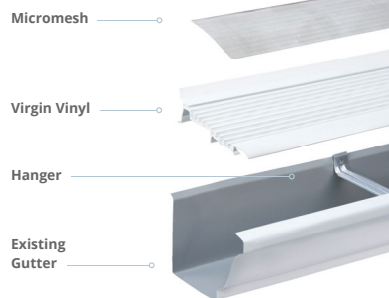
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# REAL ESTATE GALLERY

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Times

GUEST COMMENTARY



## Flips Account for a Significant Segment of Current Market

A report by ATTOM Data\* reveals flipping is alive and well and accounting for an increasing segment of the housing market, up to 7.5% for Q1, 2020 from 6.3% in Q4, 2019.

The idea behind flipping is simple: obtain a property for less than market value and sell for a higher price. The difference between the purchase and sales price minus expenses is profit. Simple.

Not so much.

The first issue is locating a property. There are currently hundreds of flippers in the Bay Area, each looking for potential homes. Some look for properties in pre-foreclosure, some go to foreclosure auctions on the courthouse steps, others search for unpaid taxes while many send letters to homeowners who

may want to cash out as quickly as possible. Another group posts signs that read, "We pay cash for houses."

Whatever the method for locating potential properties, the criteria is always the same: it must be purchased for substantially less than resale value. Therein is the rub: many sellers want to get as high a price as possible, frequently ruling out a flipping scenario.

Some flippers look for homes at bargain basement prices and, after the purchase is complete, immediately put it on the market at a higher price. The majority, however, looking to maximize their profit, will improve the property in some way.

While some will do a few renovations such as painting or flooring, others install new kitchens, baths and much more. The goal is always to maximize their profit. Flippers that do a significant volume can get good prices on their upgrades and thus generate larger profits.

The quest for profit, however, has a few pitfalls. While some flippers play by the rules and obtain permits and use licensed contractors, many use unlicensed labor and fail to obtain permits of any kind. The reason is simple: permits and licensed contractors cost more and thus decrease potential profits.

It is a classic case of "Buyer beware." While some buyers do not care if the upgrades were permitted or done by licensed contractors, others are more risk averse and are not willing to buy so large an investment that may have potential issues

lurking behind the sheetrock.

With flips making up a good percentage of the market, buyers must pay careful attention. While a home may seem great at the time, unforeseen issues could 'flip' it from great to ugly in a heartbeat.

\*<https://www.attomdata.com/news/market-trends/flipping/attom-data-solutions-q1-2020-u-s-home-flipping-report/>

Carl Medford is a licensed Realtor with Keller Williams Realty and a licensed general contractor. This article is sponsored by the Central County Marketing Association.

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COMPASS

## Japanese Maple Needs Sun; Disappearing Plants

By Buzz Bertolero  
Special to the Times

**Q** I recently purchased a red leaf, Bloodgood Japanese Maple. My daughter says it should be planted in a shady area and will grow to 20 feet unless kept in a container. I want to plant it in a sunny location. Where should it be planted?

**A** Your daughter is correct about the size of a Bloodgood Japanese Maple as they grow to 20-plus feet with a 10- to 12-foot spread. A container does limit the ultimate height, but so does an annual pruning for those planted in the landscape.

However, she's incorrect about the exposure. In the Bay Area, Japanese Maples are grown in full sun or part shade. It is typical for the red leaf maples, particularly Bloodgood, to lose their red color and turn green during the summer months. A sunny location extends the red coloring.

In the fall, the Bloodgood foliage reverts to a reddish-green color, but they defoliate before they turn completely red.

Red-leaved varieties get their color from a pigment called anthocyanin, often displayed in the fall and winter months in other plants as the green chlorophyll pigment breaks down. The red pigment in maples disappears with warm temperatures and long days.

The initial site selection is key in maintaining the long-term foliage color. These trees shouldn't be crowded into a corner. Factor in how much more the landscape around it will mature in the next 10 years.

The location should provide some protection from hot, dry winds or salt carried by the afternoon marine influence. The hot, dry conditions cause the leaves to burn along the margins and tips, particularly in the lace-leaf varieties.

Another cause of tip burn is synthetic type fertilizers. A slow-release organic fertilizer or one specifically for Japanese Maples is desirable. You can protect the foliage from the hot conditions with Bonide Wilt Stop, which will protect the leaf from the hot conditions just as it protects plants from freezing temperatures



**Q** This year I planted several cucumber plants as I've done for many years. After a couple of days, they just disappeared. Were they eaten up by birds or some animals? Should I have let them grow bigger before planting or buy bigger plants?

**A** I suspect that your problem is earwigs. They feed mostly at night and devour young seedlings such as cucumbers and many other edibles, including basil. They also enjoy other herbaceous plants like petunias and marigolds. With larger plants, earwigs tend to chew holes

that have ragged edges or are only partially rasped through and a light scattering of tiny black particles of earwig excrement. So the plants survive but look "beat up." I'd prevent the problem by baiting the area with Sluggo Plus, an organic slug, slug, and earwig bait that's safe to use around edibles, pets, and kids. The most crucial period is the first 4 to 6 weeks, but it doesn't hurt to keep the area baited for 12 weeks.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is [www.dirtgardener.com](http://www.dirtgardener.com) and questions can be sent by email to [buzz@dirtgardener.com](mailto:buzz@dirtgardener.com).



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# SENIORS

## Medicare Eases Requirements For Nursing Home Coverage

*Q: I hear that Medicare has announced that, due to the Coronavirus Pandemic, it will now be more generous in covering nursing home stays by relaxing some of its long-standing coverage requirements. Do you know anything about this?*

By **Gene L. Osofsky, Esq.**  
Special to the Times

A: Yes. A bit of background may be helpful.

Medicare has traditionally imposed three conditions as prerequisites to covering nursing home care, more properly known as Skilled Nursing Facility (SNF) coverage:

(1) *The 3 Midnights Rule:*



The patient must have spent at least three nights in the hospital as an admitted patient before being discharged to a nursing home (aka a Skilled Nursing Facility, or SNF);

(2) *100-Day Cap For Single Spell of Illness:* The duration of coverage would not, in any event, last longer than 100 days for a "single spell of illness."

That 100-day limit could only

be extended in the rare case where the patient established a new benefit period by "breaking" that single spell of illness. A break occurred where he or she was discharged from the SNF to either return home, or to a custodial care setting, for at least 60 continuous days.

In the rare case where that break occurred, only then could the individual requalify for an-

other SNF benefit period of up to 100 days.

(3) *Must Need Skilled Care:* The coverage, in any event, would be for only for so long as the SNF patient needed skilled therapies (e.g. Occupational Therapy, Physical Therapy, Speech Therapy, wound care); when it appeared that the patient needed only custodial care, Medicare coverage would end even if before the 100 day limit.

Because of the Coronavirus Pandemic, the Administrator of the Center for Medicare & Medicaid Services, Seema Verma, recently announced major changes in how Medicare covers SNF level care:

On behalf of Medicare, she has now eliminated or substantially relaxed the "3 Midnights Rule" and the "Single Spell of Illness" rule. Thus, to qualify for SNF level Medicare coverage now, an individual need not first spend three nights in the hospital.

Likewise, he or she can now receive a second benefit period of up to 100 additional days

without first needing to return home for 60 days.

However, the requirement that the individual must still show the continued need for skilled care, as opposed to custodial care, remains in effect.

Thus, if the individual were granted a second 100 benefit period of coverage, but was unable to fully participate in physical or occupational therapies during that new benefit period, then coverage would still end before the full 100 day coverage extension. Thereafter, if his doctor still felt that he still needed care in the nursing home, the individual would then have to either pay from his or her own funds or apply for Medi-Cal coverage.

Remember: Medi-Cal – unlike Medicare – will pay even for custodial level care for those who financially qualify, and for so long as needed, even if it be for the remainder of an individual's lifetime.

Gene L. Osofsky is an estate planning and elder law attorney in Hayward. Visit his website at [www.LawyerForSeniors.com](http://www.LawyerForSeniors.com)

## High Blood Pressure is More Dangerous During Pandemic

By **Jim Miller**  
Special to the Times

If you have high blood pressure, you definitely need to take extra care to protect yourself during the coronavirus pandemic. Research shows that people with hypertension are more susceptible to getting COVID-19, are more likely to develop severe symptoms if they do get sick, and are more likely to die from the infection, especially if they're older.

### High Risk Links

A weaker immune system is the key reason people with high blood pressure and other health problems are at higher risk for coronavirus.

Long-term health conditions and aging weaken the immune system so it's less able to fight off the virus. Nearly two-thirds of Americans over 60 have high blood pressure.

Another concern that has been circulating, but was put to rest last month, were theories that the medications that are commonly prescribed to treat high blood pressure – ACE inhibitors and angiotensin receptor blockers (ARBs) – could make patients more vulnerable to contracting COVID-19, and more susceptible to severe illness if they did become infected.

But new research published in The New England Journal of Medicine last month found no risk linked to these medications.

### COVID Complications

While pneumonia is the most common complication of the virus, it can also damage the cardiovascular system. That's why people with high blood pressure, heart disease, and heart failure are at risk.

High blood pressure damages arteries and reduces the flow of blood to your heart. That means your heart has to work harder to pump enough blood. Over time, this extra work can weaken your heart to the point where it can't pump as much oxygen-rich blood to your body.

Coronavirus can also damage the heart directly, which can be especially risky if your heart is already weakened by the effects of high blood pressure.

The virus may cause inflammation of the heart muscle, which makes it harder for the heart to pump.

If you also have plaque buildup in your arteries, the virus may make those plaques more likely to break apart and

cause a heart attack. Studies have shown that people with heart disease who get a respiratory illness like the flu or earlier types of coronavirus are at higher risk for a heart attack.

### What to Do

While everyone needs to take precautions to prevent coronavirus, people with high blood pressure and other health conditions need to be extra careful.

The best way to avoid getting sick is to stay home as much as you can. If you have to go out, wear a mask and keep at least 6 feet away from other people.

And every time you come home, wash your hands with warm water and soap for at least 20 seconds. Also, clean and disinfect all frequently touched surfaces like cell phones, countertops and doorknobs.

The CDC also recommends that you have enough medicine on hand to treat high blood pressure and other health conditions you are dealing with. And stock up on over-the-counter medicines to treat a fever and other symptoms if you get sick.

While a coronavirus vaccine isn't available yet, you should stay up to date on your other

important vaccines. The pneumococcal vaccines – Prevnar 13 and Pneumovax 23 – will prevent you from catching pneumonia on top of coronavirus.

Also get a flu shot in September or early October. Its symptoms are easy to confuse with coronavirus, which could make it harder for doctors to diagnose you if you do get sick.

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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# City Council Addresses Anger Toward Police, Defunding

By Michael Singer  
San Leandro Times

Anger over police treatment of African Americans nationally and within San Leandro came to a head this week with calls for the City of San Leandro to defund the police department, and pleas for support and peace from the family members of victims.

On Monday, dozens of people flooded the virtual City Council meeting to address the uneven treatment of African Americans by police, the protests and calls for reforms.

The three-hour public comment portion of the meeting included a tearful plea for justice by Eric Taylor, brother of 33-year-old Steven Taylor who died on April 18 from a police gunshot at a Walmart on Hesperian Boulevard in San Leandro.

Taylor explained his brother was experiencing a mental health crisis at the time of the shooting.

"I'm hurt... I'm beyond hurt," Eric Taylor said during public comment on the virtual meeting.

Councilwoman Corina Lopez later acknowledged Taylor's comments and noted that it was technically difficult to interact with the public comments in real-time.

"There was a lot of frustration that you experience in public comments during our virtual meetings because we are not able to comment during their statements," Lopez said. "This was an overwhelming show of input from the community. I am hoping that we as a council will be receptive to these comments."

Other speakers demanded the city fire and charge the officer

responsible for shooting Taylor, stop further militarization and privatization of the police department, and create a citizen's review board to hold the police department accountable.

In April, San Leandro police released a narrative video showing Taylor waving a bat inside Walmart and explaining their use of force at the time. The department says it is continuing its internal investigation of the shooting.

Earlier this month, City Manager Jeff Kay at the request of the City Council, asked State Attorney General Xavier Becerra to conduct an independent inquiry of the shooting.

Following public comments about the police department, the City Council adopted its budget for the 2020-2021 fiscal year. After a lengthy discussion, the

council voted to reallocate about \$1.7 million away from the police department's \$42 million annual budget and apply it towards various human service programs.

The cut in funding eliminates school resource officers, liaison officers, replacement of four vehicles, and some police outreach. Council members voted to discuss where the reallocations would be applied in more detail at an upcoming City Council meeting in July.

"I feel like everyone wants to find some common ground and serve the public," Lopez said. "I don't know if anyone is taking a hard line that we don't want change, or that we can't change. This is a very important dialog. We're going to need to collaborate with the various stakeholder groups."

Some of those community leaders are already pushing for bolder changes. Sparked by the death of George Floyd, a group called United People Against Brutality is asking the city for a more aggressive stance, including a tiered plan to defund the San Leandro Police Department by 75 percent within the next five years.

"We need to redirect those

funds to the African-American community; education, housing, and rebuilding the African-American community that's been damaged by systematic oppression. It's something that's changing. It's not impossible. It will get done," says Mary Tieh, a local organizer who has been organizing protests outside San Leandro City Hall.

## Ease: Businesses must have protection plan

continued from front page

high-risk congregants, and to limit attendance to 25 people and provide services outdoors.

"I'm glad to see that we can take this step forward as a county," said County Supervisor Scott Haggerty. "It's important to have parity across our small and large businesses, as well as across the region."

All businesses allowed to operate under the Health Officer Orders must complete the Site-Specific Protection Plan template and implement risk assessment and individual control measures, physical distancing, disinfecting and cleaning protocols, and

employee training to prevent the spread of the coronavirus.

Additional local guidance to supplement that state guidance is available at [www.acphd.org/2019-ncov/covid-recovery.aspx](http://www.acphd.org/2019-ncov/covid-recovery.aspx).

Restaurants will be expected to work with the county and their respective cities on their outdoor operation plans.

"We're balancing the economic and spiritual health of our community with public health," said Supervisor Nate Miley. "These openings, including the services industries, may disproportionately affect our already burdened communities of color, and we will need to be mindful

of protecting everyone's health while we're out and about."

Employers are advised to implement health screenings before employees enter a facility to start their workday and employees must complete a self-assessment to ensure they do not go to work sick or during their infectious period after being exposed to or diagnosed with COVID-19.

Employers have an important role in slowing the spread of COVID-19 and should support their employees in staying home if sick, and should not require a negative test result or doctor's note to return to work if ordered to isolate or quarantine under

the county's blanket Isolation/Quarantine order.

Residents who are exercising their right to protest are reminded to wear a face covering and to get tested. A list of community testing sites are available at [www.acphd.org/2019-ncov/testing.aspx](http://www.acphd.org/2019-ncov/testing.aspx). You don't need insurance and you won't be asked about your immigration status.

Residents are reminded that we're in the first wave of a highly contagious pandemic. It's critical to take precautions to protect people who are at high risk for health complications or who are working in settings that expose them to more people.

## Library Virtual Events

### Bri Crabtree's Silly Circus

Bri Crabtree's Silly Circus on Saturday, June 20, at 10:30 a.m., a silly circus adventure, complete with juggling, magic and lots of laughs. All ages are invited to join on Zoom. Check the Library's website calendar at [www.sanleandrolibrary.org](http://www.sanleandrolibrary.org) for the Zoom link to the show.

### Virtual Reading Buddies, Grades 1 to 5

Registration is now open for Reading Buddies, a program for kids in grades 1-5 to practice reading with a teen volunteer. This virtual program will take place on Zoom. Sessions start Tuesdays, June 23 and Thursday, June 25. Register for either Tuesday or Thursday Zoom sessions by visiting the Library's website calendar at [www.sanleandrolibrary.org](http://www.sanleandrolibrary.org).

### Teen Book Discussion

Teen Book Discussion: *They Called Us Enemy*, on Wednesday, June 24, from 3:30 to 4:30 p.m. Teens going into 7th to 12th grades, join a Book Discussion of the Book to Action: *They Called Us Enemy* by George Takei. A fantastic graphic novel. Meet up on Zoom to discuss Takei's eye opening true story about Japanese Internment. Email [kmandalay@sanleandro.org](mailto:kmandalay@sanleandro.org) for the Zoom login information.

## Church to Host Racial Justice Listening Summit

The San Leandro Church of Christ will host its second "Listening Summit for Racial Justice" Sunday, June 28, from 7 to 8:30 p.m. by Zoom meeting.

Hear from both black and white community members as well as speakers from law enforcement, education, and local government.

The meeting will address steps that we all can do to advance racial justice in our society.

There will be time for brief questions and comments during the second half of the meeting. To register, go to the church website at [www.slcofc.org](http://www.slcofc.org) and click on the "Listening Summit" tab.

## Census Postpones Homeless Count Until September

The U.S. Census Bureau has announced the new schedule for counting people experiencing homelessness in the 2020 Census. The operation was originally scheduled for March 30 to April 1, but the count was delayed due to health and safety concerns with Covid-19.

The count is now scheduled for Sept. 22 to 24, the Census Bureau now plans to send specially trained census takers to find people experiencing homelessness. The census takers will go to shelters, soup kitchens, regularly scheduled mobile food vans, and locations previously identified by the Census Bureau where people are known to sleep outdoors and at all-night businesses, such

as transit stations and 24-hour laundromats.

In preparation, the Census Bureau is coordinating with local service providers and consulting with advocacy groups and other stakeholders. Census takers will follow the latest local public health guidance regarding the use of personal protective equipment and social distancing.

Census statistics are crucial to programs and service providers that support people experiencing homelessness. A complete and accurate 2020 census can ultimately help organizations provide better services, more food and improved shelter options to those in need.

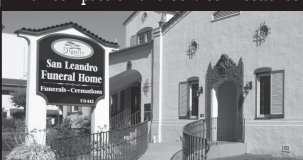
For more information, visit [2020census.gov](http://2020census.gov).

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### HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** A plan you've kept on hold for a long time finally could be greenlighted. But in typical Aries form, you'll need to be sure that everything is in place before you hit the "start" button.



**TAURUS (April 20 - May 20):** Others might urge you to act more quickly on your ideas. But you'd be wise to follow your Bovine instincts and get more facts to bolster your position when you finally present it.



**GEMINI (May 21 - June 20):** You might be tempted to accept the well-meaning offer of a friend to act as an intermediary in a dispute. But you know best what it's about, and you can handle the challenge. Good luck.



**CANCER (June 21 - July 22):** Entertainment can play an important role this week. Enjoy some well-earned diversion with people you care about. Something especially wonderful might come from this well-spent time.



**LEO (July 23 - August 22):** Catnaps and playtime are in order for Leos and Leonas who need to take some time off from their hectic schedules to restore their energies and rebuild their mental muscles. Have fun.



**VIRGO (August 23 - Sept. 22):** Virgos will need to keep an open mind this week about choices that seem improbable. A closer study might well reveal possibilities that might have been overlooked. Stay with it.



**LIBRA (Sept. 23 - October 22):** A disappointing outcome of a well-intentioned effort should be seen as a lesson in how to do it right the next time. Note all your changes and have your new plan set up by week's end.



**SCORPIO (October 23 - November 21):** Creative projects might have to go on standby as you tackle other matters making demands on your time and energy. Things should ease by the middle of next week.



**SAGITTARIUS (Nov. 22 - Dec. 21):** Your honest approach to an unsettling experience draws admiration from others. Use their positive feedback to build support for your program to introduce needed changes.



**CAPRICORN (Dec. 22 - Jan. 19):** A workplace goal that suddenly seems out of reach is no problem for the sure-footed Goat, who moves steadily forward despite any obstacles placed in his or her way.



**AQUARIUS (Jan. 20 - Feb. 18):** A job-related situation could provide an opportunity you hadn't considered before. Look it over carefully and see where and how you can tailor it to fit your needs.



**PISCES (Feb. 19 - March 20):** Showing strength as well as sympathy helps you deal with a difficult personal matter. It also helps you set an example for others when it's their turn to get involved in the situation.

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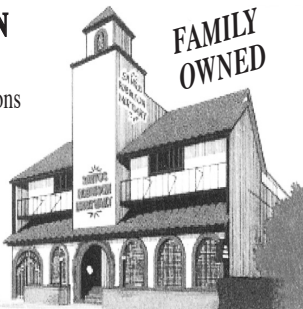
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# AAA of Northern California Reminds Teen Drivers of Dangers on the Road

The combination of curtailed recreational activities, summer jobs canceled, and coronavirus restrictions being lifted, could prove deadly as teens take to the road this summer.

Now is the time for parents to both model safe driving behaviors and help ensure their teens practice them too, says Sergio Avila, spokesperson for AAA

Northern California.

"Our data shows that for every mile driven, new teen drivers, ages 16-17 years old, are three times more likely to be involved in a deadly crash compared to adults," says Avila.

Between Memorial Day and Labor Day, 610 people were killed in crashes involving teen drivers in California in the

**"New teen drivers are three times more likely to be involved in a deadly crash."**

10-year period from 2008 and 2018.

The start of summer marks an important time for parents to be extra vigilant.

Due to their inexperience, teen drivers are at a higher risk of crashes because of such risky behaviors as speeding, red-light running, texting, failing to use a seatbelt and drowsy or aggres-

sive driving.

Parents are urged to talk with teens early and often about abstaining from such dangerous behaviors behind the wheel, as impairment and distracted driving.

AAA is providing a free four-page guide to coach teens on how to drive safely at TeenDriving.AAA.com. For parents, the guide

can be beneficial as they coach their teens on a variety of routes, building on their formal behind-the-wheel training.

The online AAA StartSmart Parent Session also offers excellent resources for parents on how to become effective in-car coaches as well as advice on how to manage their teen's overall driving privileges.

## OPINION

### LETTERS to the EDITOR

Letters must include the writer's name, address and phone number, and must be under 300 words. We reserve the right to edit as necessary. E-mail letters to: letters@ebpublishing.com or fax to: 510-483-4209, or send by mail to: The Editor, San Leandro Times, 2060 Washington Ave., San Leandro, CA 94577.

#### The Cancer of Racism

Editor:

As of the writing of this letter four Black men have been found hanging from trees in Victorville, Palmdale, New York City and Houston. The news has reported these as suicides. A Black Lives Matter activist who was missing was found murdered. All this within the last two weeks.

In San Leandro, one of our own florist shops has been targeted by at least four different accounts of racism in the last 14 days. One of those racists was a white man who entered the shop and called the owner a derogatory term for a Mexican.

White people seem to be under the illusion that Black people are rioting. Black people aren't rioting. White people are.

Police are seeking a masked white woman for the arson of the Wendy's that burned down in Atlanta after Rayshard Brooks was shot twice in the back.

There's a lie that we pass along among people who are not Black that if we expose these stories, if we really tell the horrible disgusting truth about how Black people are treated in this country, we should expect riots.

Except Black people aren't rioting. They are peacefully protesting their genocide. These experiences are not new for Black people.

Our Black neighbors know the cancer of racism lives comfortably in San Leandro. There are some who have lived here for years and refuse to let their sons walk the "nice" neighborhoods they live in because they may not make it home alive. I can't imagine carrying that heaviness.

Some white people are belligerent that all lives matter but there are no white necks being kneeled on or white people being hung from trees.

We need to stop having this conversation on the backs and bodies of Black people. We need to acknowledge white people have lost their minds and are out here in the streets lighting things on fire, killing people, walking into our own town businesses kicking over cans and calling names.

—Gloria Strohman  
San Leandro

#### In Solidarity with Black Students

Editor:

The San Lorenzo Education Association is heartbroken at the horrific murder of George Floyd and innumerable Black lives at the hands of a policing system

entrenched in racism. We stand in solidarity with the organizers and protesters who are denouncing police violence and fighting for a society where Black lives truly do matter.

As educators and allies, we also stand in solidarity with our Black students, staff, and community members. We will work to address the inequities that result from institutionally racist policies and practices in our schools and the communities in which our students live. We choose not to accept these conditions as they exist, but to accept the responsibility for changing them.

Together as educators and as a community, we must hold those in power accountable, and we must hold ourselves accountable in recognizing our own privilege and unconscious bias, and continue to work for a just society where racial equality is a reality not just an ideal.

We acknowledge and accept that undoing white supremacy in ourselves and our society is a lifelong process. As educators, we know the importance of growth and reflection. We are all in different places in our journey with this work, but one thing is clear: it is imperative that we take action. Our district is 10.3% Black, but accounts for 31.7% of the suspensions.

Black students have the highest percentage of being at-risk and chronically absent. Black students have the lowest percentage of passing standardized test standards and lowest rate of college eligibility. We are clearly not serving our Black students, and we must take action. We ask our students to be brave and sit with discomfort in the name of growth every day in our classrooms, and we commit to modeling for our students what engaging in this work and having these difficult conversations look like.

This is a time for educators to confront systemic racism with honesty, constructive dialogue, and action to create an equitable and ethical society where we overcome these institutional and historical injustices in order to move forward together. We pledge to take actions that will increase awareness, highlight inequities, organize for change, and grow the movement for racial justice. Our immediate and future action commitments are outlined on our SLEA Facebook Page. Please visit for more information.

—Alberto Nodal  
Vice President  
San Lorenzo Education Association

#### A Cover for Criminals?

Editor:

The "shelter in place" order has been revealed to be very convenient for criminals to gang up, loot, vandalize and terrorize the population. Nothing tells better that San Leandro is a city where "Kindness matters" than those boarded up storefronts. Nothing tells better of the honorable ideals of the peaceful demonstrators than those 90 brand new cars stolen from a San Leandro dealership.

Supporters should answer how would they feel if they were inside the car we all saw, stranded in the freeway with one of those "peaceful demonstrators" banging on the windows with a hammer.

Oh yes, the wonders of the technology and the "social media" that allow for all of those videos to spring up! Has anybody wondered why the Fake News cannot find any video showing the murder of a federal officer in Oakland or that of the Santa Cruz police sergeant; or that of those 19 cops killed in the United States in the month of May; neither of any of the shootouts that leaves dozens of people dead, every week, in the streets of the United States?

The "peaceful demonstrators" are a cover for the criminals, they'd all go to jail for aiding and abetting in the commission of crimes. Politicians of the Democratic Party are also guilty of the same crimes for inciting crime by passing legislation that restricts crime prevention, as well as releasing criminals early, under all kinds of lame excuses. The criminal activity will continue in the streets, under the guise of "protests," until November, fueled with money from the Democratic Party coffers, hoping that they'll help them win the election.

Finally, I want to thank the President of the United States for the generous stimulus package awarded to most U.S. citizens. I trust that all the rabid Democrats have returned the \$1,200 checks signed by Donald J. Trump.

—Leo T. West  
San Leandro

#### Where's the Hardware Store?

Editor:

We have houses fetching crazy prices, we have artisan coffee, artisan beer, bread. San Leandro has tech, 3-D printing, makers creating. We are a desirable place to live.

So your front door comes off its hinges. Simple, go to the hardware store. Oh, wait! We don't have a full-service hardware store. Why does our city fail to see this? We have no problem finding dope. We bent over backwards for that. Oh, well.

On my way to Pete's Hardware...in Castro Valley.

—Larry Arnold  
San Leandro

### INQUIRING REPORTER

#### Are the pandemic restrictions confusing?

— Asked downtown

I'm not for going to restaurants that are sit-down. It's kind of early. I know people want to get back on track but the coronavirus is a serious illness. I'll wear a mask and just go to a restaurant to get take-out.

**Cruz Madero**  
San Leandro



I do find it confusing. I don't want to say ridiculous, but some theaters can open at 25 percent capacity, some can't open. Some restaurants can open, some can just have pick up at the door.

**Jose Paz**  
San Leandro



I find it confusing. There should be a website for each area showing what's open and what's closed. We looked on Google when we wanted seafood and we drove all the way to Alameda and found out the restaurant was closed and boarded up.

**Larhonda Martin**  
Richmond



Yeah, it's great when something's open but who decided what stays open and what's not open? I don't know who it is, but Target has been open since day one, but Ross is closed. Why is that? And doughnut shops are open and bakeries are open. Are doughnuts essential?

**Richard Niechniedowicz**  
San Leandro



I find it frustrating, and the masks make it difficult to breathe. When it's all boarded up, it affects you. It looks like a scene in a video game. People are supposed to stay away from each other but humans don't want to stay away from each other.

**Kim Johnson**  
Oakland







BART PHOTO

**BART unveiled a new swing-style fare gate designed to defer fare-evaders at the Richmond station last week. An accessible fair gate gives riders extra space and time to pass through.**

## BART Unveils New Fare Gates

BART showed off a newly designed fare gate at its Richmond Station last week, a prototype that the district hopes will deter fare-evaders who cost the system millions in lost revenue every year.

The prototype gate, which went into service at the end of last month, includes two 5-foot high swing style barriers that discourage users from pushing through,

jumping over, or maneuvering under the gates.

The first-of-its-kind pneumatic swing style barriers are operated with air pressure instead of a motor. There are fewer moving parts and the gates can apply as much pressure as necessary to discourage someone from pushing the barriers open.

The prototype can process a minimum of 30 riders per minute

which is a required benchmark to ensure riders can quickly move through the stations.

The accessible fare gate is for riders who need extra space and time to tag their Clipper cards and pass through, such as people in wheelchairs or with strollers or bikes. The barriers remain open longer than non-accessible fare gates.

The BART Board of Directors, after considering a variety of designs, voted unanimously last September to adopt the swing style barrier gate design as the standard for new fare gates.

The new design is the result of months of innovation by BART staff that has reduced the cost estimate for replacing fare gates across the system from \$150 to \$90 million.

## LEGAL NOTICE

### NOTICE OF PETITION TO ADMINISTER ESTATE OF

**Barry Lamont Thompson**  
Case Number:  
**RP20050801**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: **Barry Lamont Thompson.**

A Petition for Probate has been filed by **Michael Herrera, Sr.** in the Superior Court of California, County of Alameda. The Petition for Probate requests that **Michael Herrera, Sr.** be appointed as personal representative to administer the estate of the decedent.

The Petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

**A HEARING on the petition will be held on July 14, 2020, 2:00 p.m., Dept. 201, at 2120 Martin Luther King Jr. Way, Berkeley, CA 94704.**

**IF YOU OBJECT** to the granting of the petition you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

**IF YOU ARE A CREDITOR or a contingent creditor of the decedent,** you must file your claim with the court and mail a copy to the personal representative appointed by the court within the **later** of either (1) **four months** from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code or (2) **60 days** from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. **Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.**

**YOU MAY EXAMINE the file kept by the court.** If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner: Rachael N. Phillips  
Law Offices of Ann Marshall Robbeloth, P.C.  
31 East Julian Street, San Jose, CA 95112 (408)371-5206

**LEGAL RP200508010 06/11/20, 06/18/20, 06/25/20**

## Video Released on Lawsuit That Claims Miscarriage

The City of San Leandro released a video on Tuesday in response to a lawsuit by Emerald Black.

The lawsuit said that on June 7, 2019, police stopped the car that Black was riding in, yanked her out of the car and stomped on her stomach, causing a miscarriage.

But in the video from police body cameras, Black tells the police several times that she had a miscarriage earlier that day at the hospital.

In the video's narration, the car was stopped after a convenience store on Davis Street called police at 3 a.m. about a

man who forced open a locked cooler where alcohol is kept, which is locked after hours when alcohol can't be sold. The man took the alcohol but left money on the counter.

The car was driven by a man, and another woman was in the car with Black.

The male driver showed signs of alcohol consumption, according to police, and he was removed from the car. Police said he refused an alcohol test and was arrested.

From the video, it appears that police pulled Black out of the car after she was reaching down

around the seat and says, "I have something for you." She's put on the ground and handcuffed as she's screaming at police.

Black was taken to the hospital due to her having a medical procedure earlier and the use of force during her arrest. She was detained and later released, police said.

At its Monday night meeting, the City Council expressed its sincere condolences to Ms. Black and her family on the loss of her unborn child.

The video is on the City of San Leandro's website: [www.sanleandro.org](http://www.sanleandro.org).

## More Restrictions Lifted At East Bay Regional Parks

*By Ned MacKay*  
*Special to the Times*

In an effort to restore public access that has been curtailed because of the COVID-19 pandemic, the East Bay Regional Park District is reopening some park entrances and allowing resumption of some customary summertime activities.

The parking lot at the Otis Drive entrance to Crown Memorial State Beach in Alameda was reopened last Friday, partly in an effort to alleviate overcrowded street parking. Also reopened was the Tidewater staging area at Martin Luther King Jr. Regional Shoreline in Oakland.

Shadow Cliffs Regional Recreation Area in Pleasanton remained walk-in only. And there's

still no picnicking or congregating in large groups.

Effective this week, the district is allowing outside day camp operators to host groups of no more than 12 at a time for three weeks for hiking and other activities. Social distancing of campers will be required.

### Plans for Lake Chabot

And for mid-July, the park district is considering resuming normal operations at Lake Chabot, Del Valle, Shadow Cliffs, Castle Rock and Quarry Lakes regional parklands. This would include camping, picnicking, swimming and boating.

Of course all the above depends on the status of the Coronavirus pandemic as determined

by the public health departments of Alameda and Contra Costa Counties.

The best source of up-to-date information on the status of your favorite regional park is still the website, [www.ebparks.org](http://www.ebparks.org). Links to all the COVID-19 information are right at the top of the home page.

Although various park entrances and visitor centers have been closed, most of the regional park trails, both within and connecting the parklands, have been open all along.

As part of the fight against the coronavirus, park visitors should remember to maintain social distance of at least six feet, keep dogs on leash at all times, carry face coverings for use when social distancing is not possible, and visit in small groups consisting essentially of immediate household members.

### Fire Danger

On top of everything else, the 2020 fire season is under way. District firefighters have already provided mutual aid at several East Bay fires outside regional parklands, and fought one at Point Pinole Regional Shoreline.

Park visitors can help prevent fires by being especially vigilant and careful while roaming the trails. All smoking, including vaping, is prohibited in the regional parks. And if you do spot a fire during your visit, call 9-1-1 to report it.

If circumstances permit, report the fire's location, size, direction of burn and whether any people or structures are threatened. However, your own personal safety takes priority, so get away as quickly as you can.

The California Department of Fire and Forestry Protection (CAL FIRE) website has a wealth of information about how to protect your home and property from wildfires. It's worth a visit: [www.fire.ca.gov](http://www.fire.ca.gov).

*Ned MacKay is a writer for the East Bay Regional Park District.*

## Swalwell Releases Book on Trump Impeachment

Congressman Eric Swalwell's book about the behind-the-scenes of Congress' impeachment of President Donald Trump was released on June 16.

*Endgame: Inside the Im-*

*peachment of Donald J. Trump* was postponed in April due to the coronavirus epidemic. Abrams Press announced that the book reveals details from inside the Democratic caucus and the Intel-

ligence and Judiciary committees.

The book provides a look at the impeachment but also emphasizes how the November election may be the most consequential of our lifetime, says Swalwell.

## LEGAL NOTICE

### ORDER TO SHOW CAUSE FOR CHANGE OF NAME

Case No: HG20063137

Superior Court of California, County of Alameda. In the matter of the petition to change the name(s) of **JONATHAN MCCARTHY JONG**. Petitioner(s) **Jonathan McCarthy Jong** has/have filed a petition with this court for a decree changing name(s) as follows: **Jon Jong**. The court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. **1221 Oak Street Dept. 17, Oakland, CA 94612 on August 07, 2020 at 11:00 o'clock am.** A copy of this order to show cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county **The San Leandro Times.**

**Dated: May 18, 2020**

**Tara Desautels - Judge of the Superior Court**

**JUNE 11, 18, 25, JULY 2, 2020**

**-SLT**

FILED  
MAY 29, 2020  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 570619

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es):  
Traditional Whispers located at 1242 Fordham Ave., San Leandro, CA 94579, in Alameda County, is hereby registered by the following owner(s): Joshua Kaplan, 1242 Fordham Ave., San Leandro, CA 94579. This business is conducted by an individual. This business commenced N/A.

/s/ Joshua Kaplan  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires MAY 29, 2025

**JUNE 11, 18, 25, JULY 02, 2020**  
**268-SLT**